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Athletic Centre News

University of Toronto Department of Athletics and Recreation

Summer 1985



U of T Athletic Centre 55 Harbord at Spadina

ATHLETIC CENTRE SUMMER BUILDING HOURS

| | |
|-----------------|--------------------|
| Monday - Friday | 7:00 am - 9:00 pm |
| Saturday | 10:00 am - 5:00 pm |
| Sunday | Noon - 4:00 pm |

BUILDING CLOSINGS

The building will be closed on the following dates:

| | |
|---------------|-------------------|
| Canada Day | July 1, 1985 |
| Civic Holiday | August 5, 1985 |
| Labour Day | September 2, 1985 |

Complete Shut Down:
 August 19-25, 1985. The facilities will not be available to the membership during this maintenance period.

Regular building hours will resume September 3, 1985.

FOR ATHLETIC CENTRE INFORMATION

| | |
|-----------------------------------|----------|
| General Information | 978-3437 |
| Instruction and Community Service | 978-3436 |
| Fitness Program | 978-3084 |
| Recreation Program | 978-4114 |
| Intercollegiate Program | 978-3443 |
| Racquet Reservations | 978-4116 |

ATTENTION ALL LOCKER USERS

Joint/Faculty Members:

Locks must be turned in by June 30 at 5 p.m. in order to receive your \$5 lock deposit.

Locker renewals will be accepted until July 13, 7:30 p.m.

Community Members:

Locks must be turned in by August 31 at 5 p.m. in order to receive your \$5 lock deposit.

Locker renewals will be accepted until September 6, 7:30 p.m.

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COME ON IN!!!!...THE WATER'S FINE!!!
 Beat the Summer Heat with Recreational Swimming
 in the Athletic Centre's spacious 50-metre Pool.

T Recreation Programs



JOGGING

Indoor Track
Field House
- 8 laps/mile

Outdoor Tracks
Varsity Stadium - 4 laps/mi.
Back Campus - 3.25 laps/mi.
Front Campus - 3 laps/mi.
Queen's Park - 2 laps to the mile

RECREATION LEAGUES



SOFTBALL



Schedules: Play begins Tues. July 2. Weekly schedules are available Fridays for the second following week, in the Rec. Office

Location: Back & Front Campus

COED VOLLEYBALL

Tuesdays & Thursdays, 7 - 9 p.m. in the Field House Courts, East 2 and West 3. Tues. May 28 - Thurs. Aug. 15. Open to all Athletic Centre Members. Teams are arranged nightly on site by a Coed Supervisor.

PICK-UP SPORTS * Check Rec Bulletin Boards weekly for schedule changes.

Pick-Up Basketball:

| | |
|----------------------------------|-------------------------------|
| Mon, Wed, & Fri - 8 am - 12 noon | Tues & Thurs - 7 am - 12 noon |
| 2 pm - 5 pm | 1 pm - 6 pm |
| 6 pm - 7 pm | 7 pm - 9 pm |
| 9 pm - 9 pm | |

Field House E1

Pick-Up Volleyball: * Mon 12 - 2 pm, May 27 - Aug 7 Sports Gym

Pick-Up Soccer: * Mon, Wed, Fri, 12 noon - 1 pm Front Campus

EARLY WEEK BLACKBOARD SPECIALS

4 PM TO CLOSING

MONDAYS

★ FATHER'S NIGHT

8 SLICE ORIGINAL STYLE
PIZZA WITH SAUCE
AND CHEESE
SAVE OVER 2.00
ALL YOUR FAVORITE TOPPINGS .79 EA.

379

TUESDAYS

★ ALL-YOU-CAN-EAT SPAGHETTI

HELPING AFTER HELPING
OF MOTHER'S DELICIOUS
SPAGHETTI AND MEAT SAUCE
SAVE AT LEAST 20%

279

PER PERSON



232 BLOOR STREET WEST
OPPOSITE VARSITY STADIUM
PHONE 927-7770

FATHER'S NIGHT AND MOTHER'S
ARE REGISTERED TRADEMARKS
OF MOTHER'S RESTAURANTS LIMITED

MONDAY'S SPECIAL - DINING ROOM
AND TAKEOUT ONLY
TUESDAY'S SPECIAL - DINING ROOM ONLY
©1985 MOTHER'S RESTAURANTS LIMITED 3/85

CLUBS

Information and Registration at the Rec Office
Room 1050, Main Floor or call 978-3441

Badminton Club

Mon & Fri, 7-9 pm
May 27 to Aug 9
Upper Gym

Fee: \$5



Ballroom Dance Club

Friday 6-9 pm
May 31 to Aug 16
Dance Studio

Fee: \$5



Boxing Club

Some recreational training in
this age old art.
Mon, Fri, 7 - 9 pm
Sat 12 - 2 pm
May 27 - Aug 16
Fencing Salle Fee: TBA

Judo Club

Learn and/or advance
your skills in this age
old art of self-defense.
Tues, Thurs, 5:30 - 7:30 pm
Sat 2 - 4 pm;
May 20 - August 31
Hart House Activities Rm
Fee: \$20

Karate Club

Classes are aimed at all skill levels
from beginner to black belt.
Tues 5 - 8 pm
Fri. 5 - 7 pm
Sat. 2 - 4 pm
May 20 - Aug 31
Hart House - Upper Gym
Fee: \$20

Kendo Club

The art of Japanese fencing
an exciting and challenging
activity for beginners through
advanced.
Thurs. 7 - 9 pm
May 30 - Aug 15
Fencing Salle
Fee: \$10

Community Service Program

SUMMER '85

The Department through its Community Service Program offers a wide variety of Sport CAMPS & SCHOOLS which are open to the children of both members and non-members. For further information, please call 978-4676. Registration can be made by mail or at the Instruction Office during 9:00am-5:00pm. During SUMMER '85 the following programs will be offered:

GYMNASTICS - both Competitive and Recreational programs are offered. The emphasis is on fitness and skill in an enjoyable atmosphere.

RECREATIONAL (4-16 years)

| | | | |
|--------|---------------------|------------------|----------|
| YGSM01 | July 2-July 12 | 9:00am-12:00noon | \$110.00 |
| YGSA02 | July 2-July 12 | 1:00pm-4:00pm | \$110.00 |
| YGSN03 | July 15-July 26 | 9:00am-12:00noon | \$122.00 |
| YGSA04 | July 15-August 26 | 1:00pm-4:00pm | \$122.00 |
| YGSM05 | July 29-August 9 | 9:00am-12:00noon | \$110.00 |
| YGSA06 | July 29-August 9 | 1:00pm-4:00pm | \$110.00 |
| YGSN07 | August 12-August 16 | 9:00am-12:00noon | \$60.00 |
| YGSM08 | August 12-August 16 | 1:00pm-4:00pm | \$60.00 |

COMPETITIVE & PRE-COMPETITIVE (Head instructor must confirm participation in this part of the program)

| Session | Dates | Times | Cost |
|---------|-----------------|------------------|----------|
| YGCM09 | July 2-July 12 | 9:00am-12:00noon | \$110.00 |
| YGCA10 | July 2-July 12 | 1:00pm-4:00pm | \$110.00 |
| YGCM11 | July 15-July 26 | 9:00am-12:00noon | \$122.00 |
| YGCA12 | July 15-July 26 | 1:00pm-4:00pm | \$122.00 |
| YGCM13 | July 29-Aug 9 | 9:00am-12:00noon | \$110.00 |
| YGCA14 | July 29-Aug 9 | 1:00pm-4:00pm | \$110.00 |
| YGCM15 | Aug. 12-Aug. 16 | 9:00am-12:00noon | \$60.00 |
| YGCA16 | Aug. 12-Aug. 16 | 1:00pm-4:00pm | \$60.00 |

Children enrolled in more than one of the Competitive and/or Precompetitive Camps will have their second and subsequent fees reduced by 25%.

TRACK SCHOOL Emphasis will be on the development of the Fundamental of Track and Field at the participants level and at his/her own rate. It is suggested that 8-13 year olds attend the morning camps and 14 years of age and up attend the afternoon camps.

| | | | |
|--------|-----------------|------------------|---------|
| YTFM01 | July 2-July 12 | 9:00am-12:00noon | \$72.00 |
| YTFM02 | July 2-July 12 | 1:00pm-4:00pm | \$72.00 |
| YTFM03 | July 15-July 26 | 9:00am-12:00noon | \$80.00 |
| YTFM04 | July 15-July 26 | 1:00pm-4:00pm | \$80.00 |
| YTFM05 | July 29-Aug 9 | 9:00am-12:00noon | \$72.00 |
| YTFM06 | July 29-Aug 9 | 1:00pm-4:00pm | \$72.00 |
| YTFM07 | Aug. 12-Aug. 23 | 9:00am-12:00noon | \$80.00 |
| YTFM08 | Aug. 12-Aug. 23 | 1:00pm-4:00pm | \$80.00 |

TENNIS CAMP - both Beginner and Intermediate level camps are offered. The camps will operate with an attitude that learning and skill improvements is HARD WORK but that can be FUN and VERY REWARDING.

| | | | |
|------------------|-----------------|------------------|---------|
| Beginners | | | |
| YTSN01 | July 2-July 12 | 9:00am-12:00noon | \$81.00 |
| YTSN02 | July 15-July 26 | 1:00pm-4:00pm | \$90.00 |
| YTSN03 | July 29-Aug 9 | 9:00am-12:00noon | \$81.00 |

| | | | |
|---------------------|-----------------|------------------|----------|
| Intermediate | | | |
| YISA01 | July 2-July 12 | 1:00pm-4:00pm | \$90.00 |
| YISA02 | July 15-July 26 | 9:00am-12:00noon | \$100.00 |
| YISA03 | July 29-Aug 9 | 1:00pm-4:00pm | \$90.00 |



KARATE CAMP (7-16 years) - conducted within the Philosophy of the martial arts which emphasizes non-violence and the development of a strong mind and body in a disciplined and enjoyable environment.

| | | | |
|--------|-----------------|------------------|---------|
| YKSA01 | July 2-July 12 | 9:00am-12:00noon | \$72.00 |
| YKSA02 | July 2-July 12 | 1:00pm-4:00pm | \$72.00 |
| YKSA03 | July 15-July 26 | 9:00am-12:00noon | \$80.00 |
| YKSA04 | July 15-July 26 | 1:00pm-4:00pm | \$80.00 |

MULTI-SPORT FUN & FITNESS CAMP (7-12 years of age) - exposure to a wide variety of sports and athletic skills in a positive, enjoyable and fun atmosphere.

| | | | |
|--------|-----------------|---------------|----------|
| YMSF01 | July 15-July 26 | 9:00am-4:00pm | \$150.00 |
| YMSF02 | July 29-Aug 9 | 9:00am-4:00pm | \$135.00 |

FOOTBALL CAMP (14-17 years of age) - this camp is intended to give the participants an opportunity to develop their skills in a University setting.

| | | | |
|--------|-----------------|---------------|---------|
| YFSE01 | June 24-June 28 | 9:00pm-8:00pm | \$60.00 |
|--------|-----------------|---------------|---------|

CO-ED VOLLEYBALL CAMP (14-19 years) - emphasis will be to introduce and/or improve the physical skills required to play the game and learning the technical elements appropriate to the level of ability of each participant.

| | | | |
|--------|----------------|---------------|---------|
| YVVF01 | July 8-July 12 | 9:00am-4:00pm | \$90.00 |
|--------|----------------|---------------|---------|



COMPETITIVE SWIMMING CAMP (13-18 years) - participants will be expertly coached in the basics of Competitive Swimming, with emphasis on strength and flexibility. GET READY FOR YOUR HIGH SCHOOL SEASON.

| | | | |
|--------|--------------------|----------------|---------|
| YCSF01 | August 6-August 16 | 11:00am-5:00pm | \$90.00 |
|--------|--------------------|----------------|---------|

SYNCHRONIZED SWIMMING CAMP - provides an opportunity for swimmers to be introduced to synchronized swimming and for the experienced athletes to improve their skills.

| | | | |
|--------|-----------------|---------------|---------|
| YSSP01 | July 8-July 12 | 9:00am-4:00pm | \$90.00 |
| YSSP02 | July 15-July 19 | 9:00am-4:00pm | \$90.00 |

DIVING CAMP (8-13 years of age) - the participants will have the opportunity to learn diving b, progressing through the national level to dive program (maximum 10 per camp).

| | | | |
|----------------|-----------------|-------------------|---------|
| Level I | | | |
| YDSF01 | July 2-July 12 | 12:00noon-12:45pm | \$35.00 |
| YDSF02 | July 15-July 26 | 12:00noon-12:45pm | \$40.00 |

| | | | |
|-----------------|-----------------|----------------|---------|
| Level II | | | |
| YDSF03 | July 2-July 12 | 12:45pm-1:30pm | \$35.00 |
| YDSF04 | July 15-July 26 | 12:45pm-1:30pm | \$40.00 |

REO CROSS SWIMMING CAMP (8-15 years of age) - participants will have the opportunity to develop their personal swimming skills, fitness levels and water safety knowledge in a challenging safe and enjoyable learning environment.

| | | | |
|--------|------------------|----------------|---------|
| YRCA01 | July 2-July 19 | 9:00am-10:00am | \$40.00 |
| YRCA02 | July 22-August 9 | 9:00am-10:00am | \$40.00 |



GIRL'S BASKETBALL CAMP (12-17 years of age) - the main emphasis for the participants will be fun and enjoyment while learning the fundamentals of basketball.

| | | | |
|--------|---------------------|----------------|---------|
| YGSA01 | August 26-August 30 | 8:30am-12:30pm | \$70.00 |
|--------|---------------------|----------------|---------|

BOY'S BASKETBALL CAMP (9-19 years of age) - the emphasis of the camp is participation, fun and enjoyment while learning and incorporating the fundamentals of the game of basketball.

| | | | |
|--------|-----------------|---------------|---------|
| YBSF01 | June 24-June 28 | 9:00am-4:00pm | \$90.00 |
|--------|-----------------|---------------|---------|

WOMEN'S BASKETBALL CAMP (17 years of age and older) - offers the working female an opportunity to improve her basketball skills and team play.

| | | | |
|--------|---------------------|---------------|---------|
| YWBF01 | August 26-August 30 | 6:00pm-9:00pm | \$60.00 |
|--------|---------------------|---------------|---------|



MUSIC AND MOVEMENT CAMP (4-7 year olds) - a professionally trained dance and music teacher will help children explore "Music and Movement" in a positive friendly atmosphere.

| | | | | |
|-------|---------------|-----------------|-------------------|---------|
| YDM01 | 4-5 year olds | July 15-July 26 | 10:00am-10:50am | \$35.00 |
| YDM02 | 6-7 year olds | July 15-July 26 | 11:00am-12:00noon | \$35.00 |

SUMMER

INSTRUCTION SCHEDULE

Exciting programs ... first class instructors ... relaxed learning environment ... large variety of activities ... varying skill levels ... day time or evening classes ... minimal costs ... are all waiting for you

Registration *Main Foyer of the Athletic Centre*

SUMMER - JULY 3 to JULY 5, 1985

| | | | | |
|----------------|------------|--------------------|------------|-----------------|
| TIMES - | July 3 | - 5:00pm - 6:30pm | Main Foyer | Athletic Centre |
| | July 4 & 5 | - 10:00am - 4:00pm | | |

You may register after above noted dates and times in the Instruction Office
- Main Floor between 10:00am - 4:00pm. (Week-days only)

Spring classes begin June 3 and Summer classes begin July 8.

PROGRAM DATES

SUMMER - July 8 - August 15

Programs are only open to members of the Athletic Centre unless otherwise specified, appropriate membership identification must be shown at the time of registration. Some courses have a limited enrollment and will be registered on a first come, first served basis. No phone or mail registrations will be accepted. Registrants will not be allowed to transfer courses without the agreement of the instructor concerned and office notification.

FEES PAYMENT:

REGISTRATION OFFICIAL ONLY ON PAYMENT OF FEES

Administration Office - Weekdays - 9:00am-7:30pm & Saturday 10:00am-5:00pm

Note: Cash only for Instruction Courses under \$25.00

REFUNDS

REFUNDS ONLY AUTHORIZED BY INSTRUCTION SECTION - (weekdays) Between 9:00am-4:30pm

NO REFUNDS WILL BE AUTHORIZED WITHOUT A RECEIPT. A deduction of two dollars (\$2.00) will be made from the total registration fee for each class being offered in that course, up to refund date.

NO REFUNDS WILL BE ISSUED AFTER 4:30pm - Summer - July 19, 1985

CANCELLATION

We reserve the right to cancel classes in which enrollment falls below 70 per cent of the class maximum. In the event of cancellation upon request, refunds will be issued and must be picked up by 4:30pm, July 26, 1985, refunds will be pro-rated with a charge of \$2.00 for each class conducted in the course up to cancellation.

NO CLASSES WILL BE HELD ON STATUTORY HOLIDAYS

Aquatics Classes

Dance Classes

Sport Classes

See following pages for further details

Aquatics Instruction

All courses in the Aquatics Instruction Program are open to full-time University of Toronto students and other Athletic Centre members. The certification courses are open to both members and non-members. Whether you wish to learn to swim (in Basic to Advanced Swim) or to become a certified lifeguard (in Bronze Medallion or Bronze Cross), we have the course for you. You can even bring a Tot to classes in our Parent & Tot and Tots Only classes. For the fitness-conscious swimmer we have our popular Swim Fit, Stroke Improvement and Water Games and Sport courses. U of T is proud of its Instruction teaching staff, one of the finest in the country. Under the guidance of excellent teachers, you will find that swimming in our superb pools is a most enjoyable, challenging and worthwhile experience.

ELEMENTARY TO ADVANCED SWIMMING LESSONS

The "progress at your own rate" philosophy of this program has made it a favoured approach to learning the various swimming strokes, improving endurance and reviewing water safety knowledge.

BASIC SWIM Yellow, Orange, Red (Max: 15, Min: 7) Fee: see below

To familiarize the candidate with the fundamentals of swimming and water safety through sound orientation and progression through the introductory Red Cross swimming levels. As participants become comfortable with the basic skills they will progress to the front and back crawl strokes and may choose to explore certain deep water skills. This course is appropriate for those with some previous water experience as well as those who have not taken swim lessons or those who are apprehensive in the water.

| SUMMER | | | | |
|--------|----------------------------|---------------|------------|---------|
| 32201 | Mon, Tues, Wed, Thurs, Fri | 10:00-10:15am | 25 yd pool | \$27.00 |
| 32202 | Monday & Wednesday | 1:00-2:00pm | 25 yd pool | \$22.00 |
| 32203 | Tuesday & Thursday | 2:15-3:00pm | 25 yd pool | \$29.00 |

PROGRESSIVE SWIM Meron, Blue (Max: 15, Min: 8) Fee: \$27.00

This special "in depth" spring/summer swimming experience is designed to improve the Basic Swim graduates' front and back crawl strokes and to introduce participants to the elementary backstroke and the breaststroke. The student is also taught the techniques of shallow and surface dives and has the option to learn the elementary principles of self rescue and the initial techniques in the rescue of others.

| SUMMER | | | | |
|--------|----------------------------|---------------|------------|--|
| 32201 | Mon, Tues, Wed, Thurs, Fri | 10:45-11:30am | 25 yd pool | |
| 32202 | Mon, Tues, Wed, Thurs, Fri | 2:15-3:00pm | 25 yd pool | |

ADVANCED SWIM White Level & Life Saving II Max: 16, Min: 8 Fee: \$27.00

Advanced Swim is an excellent course for those who have mastered the Grey Level and for those who "used to be good swimmers" but whose skills may now be a bit "rusty". Whether you wish to tune up your swimming strokes or skills to "get back in the swing" or to lend into lifesaving courses such as Bronze, this course is for you. For those participants who are interested, an introduction to "defensive" rescue techniques, first aid and surface dives is provided in the Lifesaving II award.

| SUMMER | | | | |
|--------|----------------------------|---------------|------------|--|
| 32201 | Mon, Tues, Wed, Thurs, Fri | 10:00-10:45am | 25 yd pool | |

FAMILY SWIMMING LESSONS

PARENT & TOT (Max: 10 Min: 6) Fee: \$12.00

Enjoyment of the aquatic environment, water orientation and elementary swimming skills are emphasized in this course for children aged 6 months to 3 years. (Each child must be accompanied by an adult in the water.) With the instructor's guidance, the parent will work his/her child through the Turtle, Frog and Fish learning progression. These 7 of 7 awards gradually introduce skills that lead into the Red Cross Learn to Swim program. Through play, games and instruction you will teach your child flotation, breath control and movement through the water.

| SUMMER | | | | |
|--------|--------------------|--------------|------------|--|
| 30201 | Monday & Wednesday | 9:30-10:00am | Teach Pool | |
| 30202 | Monday & Wednesday | 8:00-8:30pm | Teach Pool | |

"TOTS ONLY" Max: 12 (2 instructors) Min: 4 (1 instructor) Fee: \$18.00

"Graduates" of the Parent and Tot program progress to new levels of swimming achievement. The child now learns to participate and progress on his/her own and becomes completely comfortable in the aquatic environment. Pupils work through the Red Cross learn to swim program mastering the yellow and orange level skills and eventually the shallow water skills of the red level. Basic safety skills, propulsive movements and preparation for deep water experience are introduced by highly qualified instructors who relate well to each child's abilities. Pre-requisites: Children a minimum of 1 metre tall between 3 & 7 years old (previous swimming experience preferred) or children a minimum of 1 metre tall 24 years old with the U. of T. "Fish" award.

| SUMMER | | | | |
|--------|--------------------|---------------|------------|--|
| 30251 | Monday & Wednesday | 10:00-10:30am | Teach Pool | |
| 30252 | Monday & Wednesday | 6:30-7:00pm | Teach Pool | |

Athletic Centre



CERTIFICATION COURSES

These higher level courses are open to members and non-members. They are designed for prospective lifeguards and swimming instructors as well as for those swimmers who wish to challenge themselves and further upgrade their water skills and safety knowledge. Students wishing to become certified must attend regularly.

Bronze Cross (Max: 20, Min: 8) Fee: Members \$34.00, Non-members \$42.00

This course challenges the candidate's capacity to respond in a variety of aquatic emergencies. The emphasis is on life saving procedures and techniques in unusual situations (solo rescuer, multiple victims) and using special equipment (mask and snorkel). The Ontario government has recently established the Bronze Cross award as the minimum requirement for lifeguarding in this province. Bronze Cross training prepares the candidate for participation in the National Lifeguard Service course. Pre-requisite: Bronze Medallion, Senior Renaissance and the ability to swim 400m continuously. Note: The first class in this course will be July 15th.

| SUMMER | | | | |
|--------|--------------------|-------------|------------|--|
| 32301 | Monday & Wednesday | 7:00-9:00pm | 25 yd pool | |

WATER FITNESS

WATER GAMES AND SPORT (Maximum 30, Minimum 15) Fee: \$10.00

This course is designed for the adventurous. Explore introductory water polo, inerte tube water polo, water basketball and volleyball, synchronized swimming and a host of other interesting water games and sports. Students will be introduced to the different sports skills involved in their choice of a wide variety of water activities. Enjoy this relaxed, "playful" approach to learning, fitness and fun. Take this excellent opportunity for a pre-weekend 60 minute (triple the fun of the 20 minute) workout. Pre-requisite: Ability to swim continuously for (at least) two lengths of the 25 yd. pool.

| SUMMER | | | | |
|--------|--------|-------------|------------|--|
| 40201 | Friday | 1:00-2:00pm | 25 yd pool | |

"SPRING/SUMMERTIME" SWIM FIT (Maximum 25, Minimum 10) Fee: \$27.00

If you can swim (ten or more lengths of the 25 yd. pool comfortably) and seek a new endurance fitness challenge, swim your way to fitness in this course. Various training methods will be introduced and the competitive strokes, turns and skills will be taught. The opportunity to earn a gold, silver or bronze level in the Royal Life Saving Society's Life Saving Fitness Award will be provided. More advanced students will be invited to participate in the ESSC Swim Canada awards system which recognizes and rewards various achievements in technique (strokes, starts and turns) and speed (through age-related time standards). Don't miss this opportunity to learn and have fun while improving your physical fitness!

| SUMMER | | | | |
|--------|----------------------------|--------------|------------|--|
| 38201 | Mon, Tues, Wed, Thurs, Fri | 12:00-1:00pm | 25 yd pool | |
| 38202 | Mon, Tues, Wed, Thurs | 6:00-7:00pm | 25 yd pool | |

STROKE IMPROVEMENT (Maximum 16, Minimum 10) Fee: see below

This course enables you to learn the swimming strokes and skills at your own level. Classes will include group instruction in front and back crawl, elementary backstroke, breaststroke and an array of aquatic entries, skills and survival techniques. The instructor will incorporate special learning requests into the lessons. Pre-requisite: Ability to swim continuously for (at least) two lengths of the 25 yd. pool.

| SUMMER | | | | |
|--------|-----------------------|-------------|--------------------------------------|---------|
| 39201 | Mon, Tues, Wed, Thurs | 1:15-2:00pm | JW 25 yd pool \$26.00 TR 50m pool | |
| 39202 | Tuesday | 8:15-9:00pm | 25 yd pool | \$10.00 |

Dance Instruction

The University of Toronto Department of Athletics and Recreation offers an exciting array of dance opportunities for the beginner, the experienced dancer, the one who is interested in self development and creativity or the dancers who wishes to perform. We offer morning, afternoon and evening classes. We offer regular classes in ballet, jazz, modern and ballroom and we have many special classes with guest teachers. A few of our classes are open to non-members so bring your friends.

Dance is one of man's oldest and most basic means of expression

BALLET

Fees: \$15.50

Ballet is the classical dance training. However it is also an excellent way to work your body and get a sense of moving through space, and to become aware of correct foot and leg movement for efficient locomotion. It is a demanding controlled technique, but has joy and vitality, and a rich sense of tradition.

SUMMER

| | | | | |
|-------|-----------|-------------|--------------|-------|
| 50201 | Monday | 5:15-6:45pm | Dance Studio | Neill |
| 50202 | Wednesday | 5:15-6:45pm | Dance Studio | Neill |

EVENING JAZZ

Fees: \$18.00

Jazz is a dance form that everybody loves. It is rhythmic, energetic, lively and lots of fun. It is also good body training and good rhythm training. The class will operate such that whatever your level of training you will be able to see yourself improve and enjoy the dance workout.

SUMMER

| | | | | |
|-------|----------|-------------|--------------|-------|
| 50201 | Tuesday | 5:15-6:45pm | Dance Studio | Neill |
| 50202 | Thursday | 5:15-6:45pm | Dance Studio | Neill |

BALLROOM

Fees: \$25.00

Level 1

Acquire the social skill that enables you to whirl around the room in the arms of that special someone, or really dig the beat of the latest hit record. Fast and slow couple dances will make up the content of this course. Two classes a week will help you to achieve skills much more quickly. You do not need a partner to join. Come and learn to dance!

SUMMER

| | | | | |
|-------|--------------------|-------------|--------------|------|
| 51201 | Monday & Wednesday | 8:45-8:15pm | Dance Studio | Moen |
|-------|--------------------|-------------|--------------|------|

Level II

Members: \$18.00 Non-Members: \$12.00

If you feel you have the basic steps of Ballroom, try this class. It will enable you to practice new steps and combinations, and really develop your leading and following skills.

SUMMER

| | | | | |
|-------|----------|-------------|--------------|------|
| 51251 | Thursday | 8:45-8:15pm | Dance Studio | Moen |
|-------|----------|-------------|--------------|------|

Dance Celebration



"AFRO JAZZ" with Emerita Emerencia

Fees: Members \$25.00 Non-members \$35.00

Afro Jazz is a form of movement which draws its philosophy from traditional African life where dance is considered a part of everyday living. This basic, expressive, rhythmic movement is adapted and influenced by Latin, Brazilian and Modern Jazz styles to produce a movement form that is dynamic and exciting, yet earthy and real. Emerita's teaching is direct and effective and appeals to any level of dance skill from novice to professional. This class consists of a warm-up and stretching that activates all parts of the body. It then moves to invigorating combinations in Afro Jazz styles which are combined with cultural history, enjoyment and lots of energy.

SUMMER

| | | | | |
|-------|--------------------|--------------|--------------|-----------|
| 55101 | Tuesday & Thursday | 12:15-1:45pm | Dance Studio | Emerencia |
|-------|--------------------|--------------|--------------|-----------|

FLAMENCO DANCE

Fees: Members \$25.00 Non-members \$35.00

The beautiful and dynamic dance of sunny Spain, the lyrical arm movements, the stamping feet, the exotic rhythms - these are the elements that Claudia Carollina weaves together to give you an interesting and enjoyable dance experience. Claudia is a professional Flamenco dancer who has lived and worked in Spain. She is a delightful teacher who will help the absolute beginner and the trained dancer experience the Flamenco fantasy!

SUMMER

| | | | | |
|-------|--------------------|--------------|--------------|-----------|
| 50201 | Monday & Wednesday | 12:15-1:45pm | Dance Studio | Carollina |
|-------|--------------------|--------------|--------------|-----------|



SPECIAL

FOR CHILDREN ONLY

"MUSIC AND MOVEMENT"

Fees: \$35.00

Two of the basic means of expression for young children are explored in this very exciting two week period, July 15-28. The sunny dance studio will provide an ideal location for the children to experience the thrill of expanding their imaginations under the guidance of a very talented and trained teacher of young children, Claudia Carollina. Claudia is a professionally trained dancer, a teacher of elementary school children and a certified music and movement specialist from the Toronto Conservatory of Music. She will help the children explore the rhythms and excitement of movement and music combined with the thrill of the child's own involvement and chance for personal expression.

July 15 - July 28 Monday - Friday

10:00am-10:50am - 4-5 years old

11:00am-12:00noon - 6-7 years old

Please call the Instruction Office, 978-4676 or 978-3436 to register or for further details or come to Athletic Centre, Instruction Office, main floor and pick up a flyer.

Those who dance are thought mad by those who don't hear the music

For full details on each course, pick up a program flyer

Sport Instruction

"DISCOVER A NEW SPORT AT U OF T"

This Summer get yourself involved in our wide ranging Sports Program. You will get quality instruction for a minimal fee. New sports this summer include **RUNNING** and **YOGAEROBICS**.
JOIN US FOR THE FUN AND FITNESS!

FENCING (class minimum 14)

Fee: \$16.00

A GREAT CHALLENGE FOR THE PERSON THAT WANTS SOMETHING DIFFERENT. An introduction to fencing with a demonstration of all weapons used in present day competitive fencing: foil, epee and sabre. The course will cover stretching exercises for the fencer, basic footwork and the skills of defending and attacking with the foil. Developing quickly into allowing the student the fun, exercise and enjoyment of pitting his/her skills against another fencer in bout fencing.
All equipment supplied.

SUMMER

72201 Tuesday 7:00-8:30pm Fencing Salls Jurasts



KARATE & SELF DEFENSE

(class minimum 21)

Fee: \$25.00

YOU HAVE ALWAYS WANTED TO TRY IT. HERE IS YOUR CHANCE!

Karate-Do with an additional emphasis on self-defense. The programme is for both men and women and provides a strong foundation of physical conditioning as well as mental discipline. This course has been offered for over twelve years, producing many excellent black belts, both male and female, as well as receiving an excellent reputation and a high degree of media exposure throughout North America. Participation includes special lectures, workshops and outdoor training. The "Karate Training Farm" in Menford, Ontario integrates martial arts with outdoor activity including cross-country skiing, swimming and running.

Instructors: Dr. Burt Konzak and a team of black belts and advanced members will instruct the classes.

SUMMER

72301 Monday & Wednesday 5:30-7:00pm Fencing Salls
 72302 Tuesday & Thursday 5:30-7:00pm Fencing Salls
 72303 Tuesday & Thursday 9:00-11:00am Fencing Salls

YOGAEROBICS

(class minimum 21)

Fee: \$20.00

This unique course is a combination of Yoga and Aerobics. Yogaerobics is a total body workout that moves from posture flow to aerobics and back to posture flow. The focus of the class is on centering. Centering is a process which aims at reducing tension in the body. Learn more about your body through the fitness and stress reduction of YOGAEROBICS.

SUMMER

84201 Monday & Wednesday 6:00-7:30pm Archery Range O'Reilly

RUN FOR FUN

(class minimum 11)

Fee: \$25.00

JOIN THE RUNNING CRAZE!

This class will develop a positive attitude toward running. Running can be an enjoyable, uplifting experience if you understand how to build and maintain a running program properly. You will be running every class and you will also hear short presentations from some of U of T's fitness and health experts. Topics such as stretching for running, running physiology and running injuries will be covered. This class will be most appropriate for the beginning runner but there will be valuable information given for all runners.

Class times and locations will be advertised prior to summer registration. Watch for signs in the main foyer or inquire at the main office.

ENJOY YOUR LEISURE TIME THIS SUMMER

JOIN US AND LEARN A NEW SPORT!

SQUASH

"THE GAME OF THE 80'S TAUGHT BY CANADA'S PREMIER PLAYERS."

U of T is very fortunate in having several instructors who are currently ranked in the top 10 of Canadian Squash. Not only can they play but each has had years of teaching experience allowing them to pass on their expertise in an understandable way.

Level I

(class minimum 6)

Eye Protection Required

Fee: \$12.00

Learn the basics of this great game from the people that know it best. You will learn all the basic components of Squash: forehand backhand, service, return of service, rules and strategy.
Racquets and Balls supplied.

SUMMER

77261 Monday 11:40-12:20pm Cts 4, 5, 6 Fawcett
 77262 Thursday 11:40-12:20pm Cts 4, 5, 6 Fawcett

Level II

(class minimum 6)

Eye Protection Required

Fee: \$12.00

DON'T STOP AT LEVEL I!
 This course is a continuation of the Level I program. It includes a review of Level I material, intermediate strategy and game play. Level I or 1 year playing experience is recommended.
Balls only supplied.

SUMMER

77251 Monday 6:20-7:00pm Cts 4, 5, 6 Fawcett
 77252 Thursday 12:20-1:00pm Cts 4, 5, 6 Fawcett
 77253 Thursday 5:40-6:20pm Cts 4, 5, 6 Fawcett

Level III

(class minimum 6)

Eye Protection Required

Fee: \$12.00

LEARN THE FINE POINTS OF THE GAME FROM CANADA'S BEST!
 This is a course for people interested in learning match play. Level II material will be reviewed with increased emphasis on drills, match play and advanced strategy.
Balls only supplied.

SUMMER

77281 Monday 12:20-1:00pm Cts 4, 5, 6 Fawcett
 77282 Thursday 6:20-7:00pm Cts 4, 5, 6 Fawcett

Level IV "Matchplay"

(class minimum 6)

Eye Protection Required

Fee: \$12.00

A follow up of Level III with concentration on matchplay and strategy. This class will help you continue to improve your overall game and will give you a few pointers to help you beat an opponent.
Balls only supplied.

SUMMER

77235 Monday 5:40-6:20pm Cts 4, 5, 6 Fawcett

TENNIS

IMPROVE YOUR TENNIS GAME THIS SUMMER!

Take one lesson per week that will sharpen your skills and make you the winner in those big matches with your friends.

Level I

(class minimum 13)

Fee: \$16.00

An introduction to the game of tennis. The basic skills, groundstrokes, volleys, beginner's serve, scoring and basic rules of the game will be taught.
Racquets and Balls supplied.

SUMMER

78201 Monday 4:00-5:30pm Field Hse. E2,W3 Edwards
 78202 Thursday 5:30-7:00pm Field Hse. E2,W3 Edwards

Level II

(class minimum 16)

Fee: \$16.00

A continuation of Level I. Review of the basic strokes, with the introduction of the approach shot and lob. Drills to develop the tactical reasons for various strokes as applied to the doubles game will be covered.
Balls only supplied.

SUMMER

78251 Monday 5:30-7:00pm Field Hse. E2,W3 Edwards
 78252 Tuesday 5:30-7:00pm Field Hse. E2,W3 Edwards
 78253 Wednesday 4:00-5:30pm Field Hse. E2,W3 Wood

Level III

(class minimum 10)

Fee: \$16.00

A continuation of Level II. Review of all strokes with drills to improve stroke production and tactical application. Introduction of the overhead smash and slice serve. Further development of the game and rules.
Balls only supplied.

SUMMER

78281 Tuesday 4:00-5:30pm Field Hse. E2,W3 Grant
 78282 Wednesday 5:30-7:00pm Field Hse. E2,W3 Wood
 78283 Thursday 4:00-5:30pm Field Hse. E2,W3 Grant

Level IV

(class minimum 8)

Fee: \$16.00

A course for the club player who can play reasonably well and wishes to develop his/her strokes and study the tactics and strategies of the game. Drills to develop reflex and reaction skills for the singles and doubles game will be covered.
Balls only supplied.

SUMMER

78285 Tuesday & Thursday 12:40-1:00pm Field Hse. E2,W3 Wood

at the Instruction Counter in the Athletic Centre Main Office.

FITNESS

We've got what you need to become a fitter you

Fitness Instruction

Questions and Answers for Fitness Class Participation

1. Am I eligible to join a fitness class?
If you are an Athletic Centre member - yes.

2. Is there a cost? No.

3. Do I have to register?
No. All classes are on a "drop-in" format. Come when you can.

4. When do classes take place?
Monday to Friday at convenient hours - early morning, midday, after work and early evening. Check the schedule available in the "Athletic Centre News" for exact times.

5. Where do classes take place?
Here in the Athletic Centre. The two prime areas of activity for fitness classes are the **Upper Gym and Field House**. Check the schedule in the Athletic Centre news again for locations for each class and check a building floor plan to get you to where you want to go.

6. What do I wear to fitness class?
Shorts and t-shirt, leotard and tights, warm-up suit ... something which allows you to move freely plus a good pair of training shoes.

7. How do I know which class is best for me?
All classes are not the same. They vary widely in their energy demands. Regular fitness classes are classified at one of four levels - Beginner, Basic, Intermediate or Advanced. There are also more specialized classes which focus on specific fitness components or themes. See "Information To Help You Select The Right Fitness Class" on this page.

8. What level am I?
There are three ways to decide your starting point.

a. Have a fitness assessment and find out what kind of shape you're really in. See "Fitness Assessment" information on this page.

b. Answer the million dollar question in the Athletic Centre, Main Foyer Fitness Display, January 7-18, 1985.

c. Trust your own judgement of your capabilities. Observe or participate in a fitness class of your choice (always working within your own capabilities) and reassess your original self placement.

Too easy? Check with the instructor on ways to adapt the class material to make it more difficult or move on to the next level (if there is still another level up).

Too hard? Again two routes to go. Check with the instructor on ways to adapt the class material to make it easier or move a level down (if there is a level below the one you attended).

Just right? Great! Keep on plugging.

9. But I can't make the class level appropriate for me. What do I do?
For participants who have selected a particular level and find they cannot attend the times this level is available, do not despair. While you may have decided Beginner (or Basic) is best for you, moving a step up to Basic (or Intermediate) can be done ... but **CAREFULLY!**

- Talk to the instructor of the Basic (or Intermediate) class. Explain your situation. Get recommendations on ways to modify the class content downward to suit your needs.
- Walk when others are jogging.
- Do half as many repetitions of the floor exercises.
- Learn easier variations of the exercises.

The instructors are aware of the diverse fitness levels existing in classes. They will set a certain pace for the group as a whole but each individual is still encouraged to work at their own pace - be it harder, easier or just right.

10. I want to be sure I am exercising correctly. Where can I get information?

Since class sizes in our program do not allow for a great deal of individual attention and correction during class take advantage of the instructor's expertise. The instructors are open to providing information and helping out whenever possible. If they cannot answer your questions or problems, they can refer you to the appropriate person or place for help.

Information to Help You Select the Right Fitness Class

The descriptions given below are based on a class duration of 45 minutes. Classes that are scheduled for an hour utilize the extra 15 minutes by adding a bit of time to each class segment i.e. warm up, aerobics, muscle conditioning and cool down.

BASIC FITNESS

A fitness class which does what it says, gives you the basics:

- a) a light warm up of walking, rhythmical movement, joint mobility and stretching to get the blood flowing, loosen the joints and prepare the muscles for action.

b) 14-17 minutes of aerobic activity including combinations of walking, skipping, hopping, jumping and jogging intended to gradually take your heart rate to a training level, keep it there and then carefully bring it back down.

c) an average of 12 minutes of floor exercises to improve the strength and endurance of the major muscle groups of the body.

d) a cool down period of carefully controlled slow stretches to improve flexibility and relax the body.

INTERMEDIATE FITNESS

So you've got the basics, you need more - more is what you'll get.

a) a brief yet thorough circulatory and stretch warm up.

b) approximately 17-20 minutes of continuous activity mixing jogging with more energetic locomotor activities incorporating knee lifts, leg lifts and arm movements.

c) 12-15 minutes of muscle conditioning exercises with increased number of repetitions and more difficult variations (compared to Basics).

d) again a brief but thorough set of stretches to cool you down.

ADVANCED FITNESS

The ultimate challenge!
Check out what intermediate fitness is all about. Advanced is much the same but -

a) the warm up and cool down become more difficult (slightly shorter in time but still as thorough since you are doing more at once).

b) a bit more time is spent on aerobics and muscle conditioning at a much greater intensity. Increased number of repetitions and more difficult exercises is the name of the game. You kick higher, more often, and do two things at one time whenever possible to maximize the intensity of your workout. A challenge in endurance, coordination and overall motor ability is what this class is all about.

AQUAFT

A fitness class with the support and resistance of a new medium - water. The class contains all the regular components of a workout on land - warm up, cardiovascular exercise, muscle conditioning and cool down. Exercising in water is not only refreshing on a hot day, but excellent for individuals with joint problems.

FITNESS

We've got what you need to become a fitter you

Summer Fitness Program

SUMMER FITNESS PROGRAM

MAY 27 - AUGUST 16, 1985 (closed July 1, August 5)

CLASSES FOR ATHLETIC CENTRE MEMBERS ONLY.

ND REGISTRATION REQUIRED. ALL CLASSES ARE ON A "DRDP IN" FORMAT.

| TIME | CLASS | LOCATION | INSTRUCTOR |
|------------------|----------------------|------------|---------------------------------|
| MONDAY | | | |
| 7:00-8:00 a.m. | Intermediate Fitness | F.H.E.1 | Ruth Hanton |
| 12:10-12:55 p.m. | Basic Fitness | F.H.E.1 | Iris Weller |
| 1:10-1:55 p.m. | Advanced Fitness | F.H.E.1 | Saul Marks |
| 5:15-6:00 p.m. | Basic Fitness | F.H.E.1 | Cathy Beaumont |
| 7:00-8:00 p.m. | Advanced Fitness | F.H.E.1 | Linda Henshaw |
| TUESDAY | | | |
| 12:10-12:55 p.m. | Advanced Fitness | F.H.E.1 | JoAnn James |
| 1:10-1:55 p.m. | Aqua-fit | B.P. | Ruth Hanton |
| 6:00-7:00 p.m. | Advanced Fitness | F.H.E.1 | Karen Lewis |
| WEDNESDAY | | | |
| 7:00-8:00 a.m. | Intermediate Fitness | F.H.E.1 | Saul Marks |
| 12:10-12:55 a.m. | Basic Fitness | F.H.E.1 | Iris Weller |
| 1:10-1:55 p.m. | Intermediate Fitness | F.H.E.1 | Lisha van Leeuwen |
| 5:15-6:00 p.m. | Basic Fitness | F.H.E.1 | Cathy Beaumont |
| 7:00-8:00 p.m. | Advanced Fitness | F.H.E.1 | Ruth Hanton |
| THURSDAY | | | |
| 12:10-12:55 p.m. | Advanced Fitness | F.H.E.1 | JoAnn James |
| 1:10-1:55 p.m. | Aqua-fit | B.P. | Mary Peters |
| 6:00-7:00 p.m. | Intermediate Fitness | F.H.E.1 | Anne Schlarp/ Mary Peters |
| FRIDAY | | | |
| 7:00-8:00 a.m. | Intermediate Fitness | F.H.E.1 | Susan Lee |
| 12:10-12:55 p.m. | Basic Fitness | F.H.E.1 | Linda Cook/ Sandra MacDonald |
| 1:10-1:55 p.m. | Advanced Fitness | F.H.E.1 | Saul Marks |
| 5:15-6:00 p.m. | Intermediate Fitness | F.H.E.2W.3 | Natasha Leeson |

Location Key:

F.H. - Field House
B.P. - Benson Pool

FALL FITNESS CLASSES BEGIN SEPTEMBER 9TH

Schedule subject to possible minor changes. FOR MORE INFORMATION contact the Main Enquiry Desk, Main Floor, 978-3084.

Varsity sports store

YOUR CENTRE ON CAMPUS

FOR THE Best Selection of Crested Sweats,
T-shirts, Rugby Wear, etc.

All Your Sports Needs (racquets, shoes,
swimwear, etc.)

Quality racquet repair and stringing service.

'Team' and group clothing orders at
Wholesale Prices

Telephone 977-8220
In the Athletic Centre,
Harbord & Spadina.

Open Monday - Friday
10 am - 7 pm;
Saturday 10 am - 4 pm.

RECREATIONAL SWIMMING SCHEDULE

May 27th, 1985 to August 16th, 1985

MONDAY TO FRIDAY WEEKDAY SCHEDULE

| TIME | LOCATION |
|------------------------|----------|
| 7:00 A.M. - 8:55 A.M. | 25 YD.* |
| 11:10 A.M. - 3:00 P.M. | 50 M. |
| 4:00 P.M. - 6:00 P.M. | 25 YD. |
| 7:10 P.M. - 9:00 P.M. | 50 M. |

SATURDAY AND SUNDAY WEEKEND SCHEDULE

TIME: 12:10 P.M. - 4:00 P.M. LOCATION: 50 M

*NB. The 7:00 a.m. - 8:55 a.m. Rec Swim will be held in three lanes of the 50M pool on the following dates: July 23rd to August 1st inclusive.

25 YD = 25-yard Pool (Benson Wing)
50 M = 50-metre Pool (Stevens Wing)

FITNESS

We've got what you need to become a fitter you

Begin With An Assessment

FITNESS ASSESSMENTS

A LOGICAL FIRST STEP IN A PERSONAL FITNESS PROGRAM

1. What is a fitness test?

A fitness test consists of a series of simple measurements which will give an estimate of your overall physical fitness. The one hour test will assess your cardio-respiratory fitness, muscular strength, flexibility and body composition. The fitness appraiser will incorporate the results of your test into an exercise prescription that matches your activity preferences.

2. Who needs a fitness test?

Basically anyone who wants to be fit through regular exercise.

3. Is failure possible?

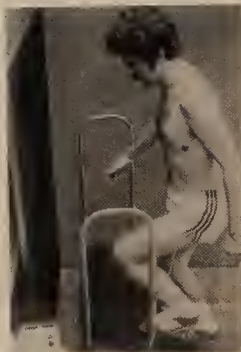
No. The results are only meaningful to you personally. You will receive feedback regarding how you stand compared to other Canadians of the same age and sex.

4. What else is available?

Test-Retest: When you make your test appointment book a second test for eight weeks later at half price. This second test will give you an indication of your progress, then adjustments can be made to your program.

5. Is a more specialized fitness test available?

Yes. Sophisticated assessment including direct measures of oxygen consumption, specialized strength evaluations, and body composition through underwater weighing can be arranged on an individual or group basis. The fee will vary depending on the subject's requirements.



The Step Test, developed in Canada, is part of the Fitness Assessment Procedure

6. When can I have an assessment?

May 1 - August 31, 1985

Monday
12:00 - 2:00 p.m.

Tuesday
4:00 - 6:00 p.m.

Wednesday
4:00 - 6:00 p.m.

Thursday
12:00 - 2:00 p.m.

7. What does it cost?

Single Test: \$5.00 for students and Athletic Centre members
\$30.00 for non members

Test/Retest: \$7.50 for students and Athletic Centre members
\$45.00 for non members

Appointment may be booked at the Main Enquiry Desk of the Athletic Centre. For further information please call 978-3084.

"A fitness test before you begin a program will help you decide where to start and where you are going."

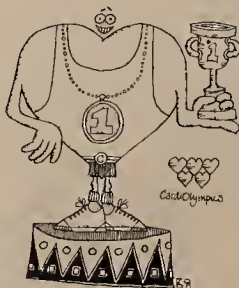
Strength Training

STRENGTH TRAINING CONSULTATIONS

UNIVERSAL/NAUTILUS/HYDRA-GYM

If you are interested in starting a strength training program, but need some basic information on strength training and/or basic instruction on how to use the Universal, Nautilus and Hydra-gym, you can book an hour-long strength training consultation at the Main Enquiry Desk.

Cost:
\$5.00 (for Athletic Centre members only)



LOWER WEIGHT ROOM

Athletic Centre users interested in strength training using free weights should consider a membership to the Lower Weight Room. Over 2 tons of free weights, barbells and dumbbells are available to challenge the novice and experienced lifter. A supervisor is also on hand for your assistance.

Cost:
\$5.00 Summer Student Membership (May 13 - August 31, 1985)
\$20.00 Yearly Membership for Alumni, Staff and Community

Lower Weight Room Hours of Operation
May 1 - August 31, 1985

Monday, Wednesday, Friday

8:00 a.m. - 10:00 a.m.
11:00 a.m. - 1:30 p.m.
5:00 p.m. - 8:00 p.m.

Tuesday, Thursday

11:00 a.m. - 1:30 p.m.
5:00 p.m. - 8:00 p.m.

Saturday

12:00 p.m. - 3:00 p.m.

LISTEN TO YOUR BODY

"Listen to your body. You should never be exercising so hard that your pulse is galloping and your breathing becomes difficult."

Athletic Centre Information

UNIVERSITY OF TORONTO

ATHLETIC CENTRE

The spectacular U of T Athletic Centre, comprising two linked buildings, has one of the most contemporary designs in Canada. It is the centre for most of the athletic programs at the University and offers the ultimate in education and training facilities. The Warren Stevens Building, named for the late Warren Stevens, Director of Men's Athletics from 1937-70, opened in 1979. It houses an Olympic size pool, indoor 200 metre track complete with weight rooms, basketball, squash, tennis courts and extensive fitness labs. A modern sports medicine clinic is also provided where qualified therapists and physicians accommodate athletic injuries and treatment.

The Benson Building, opened in 1959, was the site of women's athletics at the U of T for 20 years. Named for Dr. Clara Benson, President of the Women's Athletic Association from 1922-1945, this facility contains three gymsnasia, a dance studio, fencing salle, pool, golf cages and an archery range. The Benson building also houses the administrative offices of the School of Physical and Health Education.

The Department of Athletics and Recreation administers both Varsity Stadium, respected for its fine natural turf surface, and Varsity Arena. The Stadium has 21,728 seats and is home of the Varsity Football Blues and the annual Vanier Cup University Football Championship. Varsity Arena seats 4,500 and is home of the renowned Varsity Blues Hockey teams.

ATHLETIC CENTRE

BUILDING USAGE PROCEDURES

Identification

As members of the Athletic Centre, either student, staff, alumni or community, you must present your membership card (i.e. student card, staff card) to the Towel Counter personnel every time you wish to use the facilities. Upon presentation of your card you will receive a plastic ID bracelet which will enable the security personnel to identify you as a member. When you leave the premises simply return the bracelet to the counter and quote your last name (or sticker number if you purchased towel and/or locker service) to receive your membership card. Failure to produce your towel and bracelet will result in a three dollar charge per item in order to obtain your card.

Guest Privileges

Each member is entitled to bring a guest over the age of eighteen years to the Centre a maximum of two times per month. You must accompany your guest when you are signing in. Upon registration and deposit of five dollars at the Equipment Issue counter, your guest will receive a towel and a bracelet. Once registered, your guest is welcome to use all facilities of the Athletic Centre. A bracelet and towel are returned, two dollars will be refunded. Lower Weight Room members may obtain complimentary access to the Lower Weight Room for their guests.

INSTRUCTION PROGRAM

Come play, dance, swim with us! You may choose to learn a new sport or improve a skill in our non-credit courses offered in a wide variety of activities. Enjoyment, learning and participation are emphasized through formalized progressive teaching. All activities are open to all Athletic Centre members. Several courses are open to non-members.

Registration for courses is at the Athletic Centre in late September for fall courses, mid January for winter courses, late May for spring, and early July for summer courses. Fall and winter classes generally run for nine weeks and spring and summer courses run for five or six weeks.

Detailed information on all course offerings and registration is available at the Instruction Counter in the Main Office. You may also check this edition of the Athletic Centre News for details.

Aquatics

The Athletic Centre offers a comprehensive aquatics program with a full range of courses from learn-to-swim to higher life saving and swimming to proficiency awards. Special interest courses include scuba diving, springboard diving, stroke improvement and several certification clinics. The fitness conscious individual will want to investigate our basic or advanced swim fit courses. For those with young children, we offer both parent and tot and for tots only swimming classes with an opportunity for the young graduates to progress into the Community Services Swim Camps.

Dance

The Athletic Centre offers an exciting array of dance opportunities for the beginner, the experienced dancer, the one who is interested in self-development and creativity, and for the dancer who wishes to enjoy the fun of dancing for recreation and evening classes. We have regular classes in jazz, ballet, modern and ballroom, and we offer many special classes with guest teachers.

Sport

The Athletic Centre is very proud of its Sport Program which features top quality instructors teaching a wide variety of exciting activities. For those who have the time for our sport for badminton, squash, or tennis. If accuracy is your game, try archery or golf. Put your skills against others in our fencing courses. Explore and experience mind/body harmony through Karate and Yoga. Learn to express aesthetics and strength of movement through gymnastics, trampolines and skating. Lessons are available for both the beginner and the experienced sports enthusiast.

COMMUNITY SERVICE PROGRAM

The Department offers a Community Service Program which provides summer sport schools and camps in a wide variety of activities. These schools and camps are designed for children of all ages and provide excellent learning opportunities for children and youth of both members and non-members. Some schools are offered throughout the fall and winter terms on Saturdays and evenings. Full information and brochures are available at the Instruction Section Office near the Main Information Desk on the first floor.

INTERCOLLEGIATE PROGRAM

Each year, the Department sponsors about 40 men's and women's teams - nicknamed the "Varsity Blues" - for elite intercollegiate competition in the Ontario Universities Athletic Association and the Ontario Women's Interuniversity Athletic Association. League rules restrict eligibility to full-time students. Financial information is available from the Intercollegiate Section Office, Room 2084. All Athletic Centre members, their families and friends are invited to attend the home games, played in the Athletic Centre, Varsity Stadium and Varsity Arena. U of T students are entitled to free admission to regular season home games in basketball and hockey, and can purchase season tickets for football at a nominal discount price. Non-students are charged admission for football, basketball and hockey. Most home events in other sports are free for all spectators.

Schedule cards are available at the Main Information Desk, and up-to-date information is posted on the Intercollegiate bulletin board near the Towel Counter.

FITNESS

Fitness Instruction

If you are an Athletic Centre Member then you are eligible to join our fitness classes, Monday to Friday - early morning, midday, after work or evening sessions. We have a wide variety in their energy demands. They are classified at one of three levels - Basic, Intermediate, or Advanced. Check the schedule in this paper for more detailed information.

Fitness Assessment

A logical first step in a personal fitness program is a fitness test. It consists of a series of simple measurements which will give an estimate of your overall physical fitness. The one hour test will assess your cardio-respiratory fitness, muscular strength, flexibility and body composition. The fitness appraiser will incorporate the results of your test into an exercise prescription that matches your activity preferences.

Test-Retest

When you make your test appointment, book a second test for 8 - 12 weeks later at half price. This second test will give you an indication of your progress.

Body Composition Test

A fifteen minute appointment will provide you with the following: fat percent, overall body weight, nutritional and exercise information.

More specialized testing is available. Contact the Fitness Section Office, Room 2034, for more information.

STRENGTH TRAINING

Consultation

If you are interested in starting a strength training program but need some basic information or instruction on how to use the Universal, Nautilus and Hydrex gym, you can book an hour-long strength training consultation at the Main Information Desk.

Lower Weight Room

Athletic Centre users interested in strength training using free weights should consider a membership in the Lower Weight Room. Over 2 tons of free weights, barbells and dumbbells are available to challenge the novice and experienced lifter. A supervisor is also on hand for your assistance.

RECREATION PROGRAM

Recreation at the University of Toronto provides many opportunities for Department members to participate in a wide range of recreational activities. The programs offered extend to members of all abilities and interests.

Men's and Women's Intramural Sports Program is offered for students interested in participating in team and/or individual sports within the University itself through their affiliated College or Faculty.

The Coed Sports Program offers an opportunity for all Athletic Centre members (Student, Staff, Alumni, Community) interested in mixed participation. Coeds are loosely structured activities for the fun of playing and meeting other people. Modified playing rules have been adopted to accommodate male and female participation on a team and no official scores, points or standings are recorded. Coed sports are designed for social interaction and enjoyment. Coed activities include Badminton, Basketball, Basketball, Curling, Ice Skating, Waterpolo, Squash, and Volleyball.

The Club Program enables all Athletic Centre members an opportunity to meet and play with people of common interests. Members can participate in instruction, recreation and competition in the following clubs: Badminton, Basketball, Dances, Boxing, Curling, Golf, Karate, Kendo, Synchronized Swimming, and Whitewater (Canoeing) and Kayaking. All Clubs welcome new members at any time.

In addition to the above mentioned programs, Casual Recreation opportunities are available in swimming, jogging, play in basketball and soccer, and racquet sports. Information on the Intramural, Coed, Club, and Casual Recreation Program is available from the Recreation Section Office, room 1050 on the first floor.

ATHLETIC CENTRE FACILITIES

FIELD HOUSE

Running Track

- 4 lanes - 400m
- 6 sprint lanes - 75m

Tennis/Badminton/Basketball

- 4 indoor courts

Universal Gym

- 2 centres

Nautilus Equipment

- 6 pieces:
 - peck deck
 - shoulder press
 - hip and back
 - 4-way neck machine
 - leg extension
 - pullover

Hydra Gym

- 3 station unit

Wall Apparatus

Low Jump Pit

OTHER

Upper and Lower Gymnasium

- Fencing Salle
- Dance Studio
- Golf Range
- Archery Range
- Sports Gym
- Sports Injury Clinic
- Varsity Sports Store (Tele. #977-8220)

POOLS

50 Metre Pool

- water temperature - approx. 27 C (82.5 F)
- water depth - 2.3m - 4.2m (7'5" - 13'8")
- eight lanes
 - diving - two 1m boards
 - diving - two 3m boards
 - one 3m platform
 - one 5m platform
- seating capacity - 376 persons

25 Yard Pool

- water temperature - approx. 28 C (82.4 F)
- water depth - 1.4m - 3.6m (4'6" - 12'5")
- 1x lanes
 - diving - one 1m board
 - diving - one 3m board

Tenck Pool

- water temperature - approx. 29 C (84.2 F)
- water depth - 0.8m - 0.9m (2'6" - 3')
- capacity - 30 persons

SQUASH/BADMINTON COURTS

- 7 American singles
- 3 International singles
- 2 Doubles

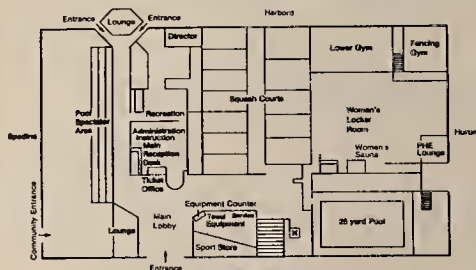
SQUASH AND RACQUETBALL

Reservations may be made one day in advance or in person at the Racquet Reservation Window in the main foyer. Reservations will be accepted from 7:30 am to 1 pm Monday to Friday. Two names and membership numbers are needed to book a court. Saturday, Sunday and Monday reservations may be made on Friday. Approved safety eye guards are MANDATORY. Players must supply their own guards and equipment.

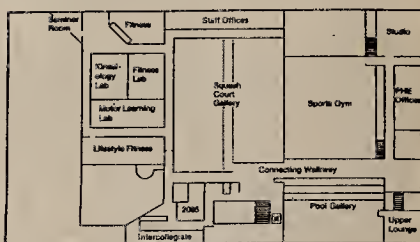
TENNIS AND BADMINTON

Reservations will be accepted between 8:30 pm Wednesday and 8:30 pm court times from the following Saturday to Friday inclusive. Two names and membership numbers are needed to book a court. Reservations in person at the Racquet Reservation Window, main foyer or by phone - 978-4118.

Athletic Centre Maps

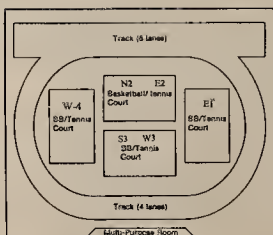


Ground Floor

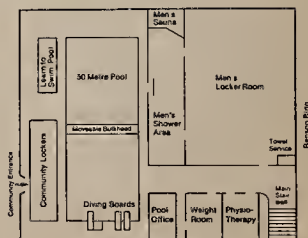


Second Floor

*Just clip out
and save
for reference*



Third Floor



Basement

STUDENT SUMMER USE OF FACILITY

If you are paying for a summer course: Please present your "Fees Paid" form at the Information Counter for complimentary summer membership. Please note that this is the only time of the year that we will accept the "Fees Paid" form. In the fall term, students must present their validated 1985/86 student cards.

If you are not taking a summer course: Please show your 1984-85 University of Toronto student card at the Information Counter in order to purchase your summer membership for \$19.50.

Students of Other Universities are entitled to purchase summer memberships for \$29.50. Please present your student card at the Information Counter.

Lockers & Towels

| | | |
|-------|--------------|--------|
| Women | Half Lockers | \$7.00 |
| Men | Lockerettes | \$7.00 |

Plus \$5.00 refundable lock deposit

Towel service \$4.00

Student Summer Memberships and Services are available now at the main floor Information Counter.

General Information for Athletic Centre Members

Court Reservations

Squash and Racquetball

Reserve one day in advance at 978-4116, or in person at the Racquet Reservation Window in the main foyer. Reservations will be accepted from 7:30 a.m. to 1 p.m., Monday to Friday. Two names and membership numbers are needed to book a court. Saturday, Sunday and Monday reservations may be made on Friday. Approved safety eye guards are mandatory. Players must supply their own.

Tennis and Badminton

Reservations will be accepted between 4:30 p.m. and 6:30 p.m. on Wednesdays for court times from the following Saturday to Friday inclusive. Two names and membership numbers are needed to book a court. Reserve in person at the Racquet Reservation Window, main foyer, or phone 978-4116.

MEMBERSHIP INQUIRIES

U of T Staff:

(Faculty Joint Plan M/S) Please call the Benefits Section of the Personnel Department at 978-2015.

We also have Summer staff memberships available for use of the Athletic Centre only - please inquire at the Information Counter or call 978-3437.

Alumni:

Please contact the Hart House Programme office at 978-2447.

Community:

Prospective members - this category is filled at present. However, we will begin a waiting list on August 1, 1985 for the new membership year beginning September 1985. Please apply in person at the Information Counter.

Public Access:

A co-operative program between the Department of Athletics and Recreation and the City of Toronto Department of Parks and Recreation provides residents with access to some Athletic Centre facilities (at no charge) during specified times during the week.

*The Fall Issue of Athletic Centre News
with complete September - December schedules
will be available on campus in late August.*